March 2023



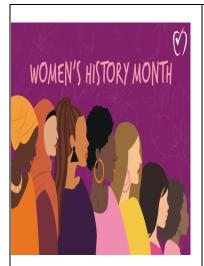
Hempstead Senior Community Service Center 24 Clinton C Boone Place, Hempstead, NY 11550 516-565-1568



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

Monday Tuesday Wednesday Thursday Friday





10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Arts & Crafts w/ Oak Street Health



10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic



10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:30 Announcements 1:00 Bingo w/ Denise from Lynbrook Restorative Therapy and Nursing



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10:00 Social Hour, Cards, Games, Coffee 10:45 Yoga w/ Connie 11:45 Announcements 12:00 Lunch

12:30 BOCES

Manicures

12:45 Exercise w/Sam



10:00 Social Hour, Cards, Games, Coffee 11:00 CORNELL Gardening Houseplant. Space is limited. Reservation is required 12:00 Lunch 1:00 Exercise w/ Lloyd 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 12:30 Shopping Day at Gala Foods Supermarkets



10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ Lori 11:45 Announcements 12:00 Lunch 12:45 Yoga w/ Dominic



10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:30-2 pm CORNELL Nutrition Counseling. Space is limited. Reservation is required



10:00 Social Hour, Cards, Game, Coffee

10:30 - 12:00 Come Chat & Explore our Creativity w/ Debra from NY Project Hope

12:00 Lunch 12:45 Exercise w/ Sam



10:00 Social Hour, Cards, Games, Coffee 10:15 Holi Celebration. Join Us for an Educational Presentation

11:15 Chorus w/ Frank 11:00 Announcements 12:00 Lunch 1:00 Exercise w/ Lloyd 10:00 Social Hour, Cards, Games, Coffee 10:45 Tai Chi w/ John 11:45 Announcements 12:00 Lunch 1:00 Yoga w/ Connie. Only this week on Wed

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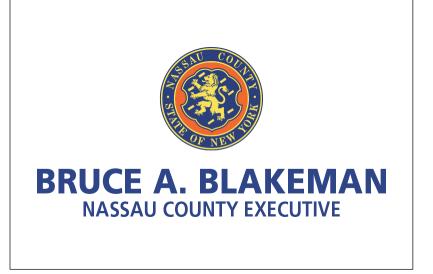
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10:00 Social Hour, Cards,
Games, Coffee
10:45 Line Dancing w/Lori
11:45 Announcements
12:00 Lunch
12:45 Yoga w/ Dominic



10:00 Social Hour, Cards, Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:45 CORNELL Nutrients of Concern/ Supplements



Wednesday Monday Tuesday Thursday Friday 22 21 23 24 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, **New York Coalition for Transportation** Game, Coffee Games, Coffee 10:00 Social Hour, Cards, Games, Coffee Safety - NYCTS 10:45 Yoga w/Connie 11:00 CORNELL Cooking Games, Coffee 10:45 Line Dancing w/ 11:45 Announcements 10:45 Tai Chi w/ John Lori 10:00 St. Patrick's Potato Pierogies. Space is 11:45 Announcements 12:00 Lunch 11:45 Announcements limited. Reservation is required Celebration w/ Oak Street 12:45 Exercise w/ Sam 12:00 Lunch 12:00 Lunch 12:00 Lunch Health 1:00 Reminiscence Class w/ 12:45 Yoga w/ Dominic 1:00 Exercise 11:00 Exercise w/ Sheila Denise and Michele w/ Lloyd 12:00 Lunch 12:30 Announcements REMINISCENCE 1:00 Staying Safe Workshop w/Transportation Safety (NYCTS) 27 29 30 31 28 10:00 Social Hour, Cards. *HAPPY* 10:00 Social Hour, Cards, 10:00 Social Hour, Cards, Games, Coffee Game, Coffee 10:00 Social Hour, Cards, Games, Coffee 10:45 Line Dancing w/ 10:45 Yoga w/ Connie Games, Coffee 10:45 Tai Chi w/ John Lori 10:00 Social Hour, Cards, 11:45 Announcements **10:15 Site Council Meeting** 11:45 Announcements 11:45 Announcements Games, Coffee 11:00 Exercise w/ Sheila 12:00 Lunch 12:00 Lunch 12:00 Lunch 11:15 Chorus w/ Frank 12:45 Yoga w/ Dominic 12:00 Lunch 12:30 Arts & Crafts w/ 12:00 Lunch 1:00 Bingo w/ Oak Street 12:30 Announcements 1:00 Exercise **AETNA** Health 1:00 Birthday Celebration w/ Lloyd



Hours of Operation: 8:30-4:00

Meals suggested contribution: \$3.00

Transportation suggested contribution: \$1.00 Each way

Exercise suggested contribution: \$ 2.00

Site Council Meeting: March 28

Birthdays Celebration: March 31

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.
PLEASE CALL TO RESERVE MEALS, TRANSPORTATION &
EXERCISE CLASSES.